

Talks on

HEALTH,
CLEANLINESS,
PROPER LIVING,
SANITATION, ETC.

BY

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THE EXPECTANT MOTHER.

Every pregnant woman should be under the constant care and supervision of a physician during the last three months before term. Such a procedure will prevent many of the serious disorders that are often experienced before, during and after confinement. The fact that a woman has passed through a number of confinements without unfortunate conditions does not guarantee that the most dreadful maladies will not come. But it is thought by many that a safe and easy labor or a number of the same mean immunity from the dangers that are sometimes encountered.

During the last three months before the expected event, the doctor should be every two weeks given a four ounce bottle of the urine of the mother so that periodical examinations may be made to determine and prevent dangers, such as convulsions. When the woman develops certain symptoms the normal pregnancy ceases and a pathological pregnancy follows. The most dreaded convulsions, called also eclampsia, is an acute morbid condition, terrifying and it can be detected before its advent by urinary findings. The doctor can in most cases

prevent the occurrence of the seizures if he can get the cooperation of the prospective mother.

The various disorders from which the expectant mother might suffer are called the toxemia of pregnancy. It is a derangement of the various organs of the body and their processes, to which the pregnant woman is predisposed. While as a rule the ailments are trivial, they may become serious, exceedingly pernicious and positively dangerous. Often vomiting becomes so pernicious as to endanger the life of the woman, necessitating heroic treatment.

Nervousness is a characteristic symptom of the toxic state of this time. There may be headache, dizziness, peevishness, melancholia, insomnia, agitation, restlessness, convulsions, coma following delirium and these may be preceded by other emotional states. There may be stomach and intestinal annoyance as well as skin symptoms. These symptoms are reflex and are due to disorders of metabolism especially of the liver and kidneys.

Even the most severe types often yield to timely treatment. It is always necessary to make urinary analyses and watch for the rational signs so that proper treatment can be given.

Airships and Altitude.

There are two ways of measuring altitude in a flying machine. One is by triangulation from the ground, which is an involved operation, requiring the services of several trained experts in the calculation of angles from different points on a measured distance on the earth's surface. The second and usual way is by means of a barograph, which is a form of aneroid barometer that records altitude by means of atmospheric pressure. The latter method is not as exact as the former, but is more expeditious and is approximately correct.

End of the Story.

"Oh, if I were only beautiful," she sighed artfully.

"I wouldn't care if I were you," he said. "You are very intellectual and you have a sweet disposition. Besides, you are nice to your mother, and all that is much better than being beautiful."

And he was never invited to see her again.—Fall Mail Gazette.

Happy Boys.

"The Smithers twins are so much alike that their own mother can't tell them apart."

"That must be rather confusing."

"It is, but the boys don't mind it. Their mother never dares to whip either of them for fear it might be the wrong one."—Exchange.

Important.

"My dear, what shall I buy you for your birthday?"

"Consult our jeweler. He knows pretty well what my tastes are."

"And did you tell him anything about the state of my finances?"—Kansas City Journal.

Her Tact.

Howard—Did she refuse you, old man? Coward—Well, in a delicate, indirect way. She told me she never wanted anything she could get easily.

PRACTICAL HEALTH HINT.

The Inattentive Child.

Never scold a child who is dull or heedless nor one who seems to refuse to pay attention. Take such a child to a physician for an examination, for many times there will be found explanations for his conduct—his ears may be diseased or filled with impacted wax, which dulls or prevents his hearing. His eyesight may be so defective as to keep him from fixing his gaze upon anything. Children who are normal and whose eyes are bright, alert, attentive and responsive. Those who are ill or suffering from disease of the nervous system, some defect of hearing or vision, are unable to do anything as it should be done and deserve pity and never blame.

FOR YOUNG FOLKS

Sleepy Time Story That Is Instructive and Entertaining.

FISH THAT BUILDS A NEST.

Remarkable Little Creature That Displays Great Ingenuity In Constructing a Home For Its Children—Eats Neighbors' Babies—A Cornfield Lady.

Tonight, said Uncle Ben, I am going to tell you about

FATHER STICKLEBACK.

"What do you think of a fish that builds a nest?" asked Uncle Ben. "A nest down in the water?" echoed Little Ned and Polly Ann.

"Yes," replied Ben, "a nest that looks very much like the nests the birds build in the treetops."

"The fish is named the stickleback. The father fish builds the nest and takes care of the little ones."

"The fish do not live in the nest, but the wife lays the eggs from which the young fish hatch inside of it."

"The nest has two doors, and they open in such directions that the ocean current passes through them instead of beating against the frail walls of the nest and battering them down, as it might do in time."

"The gum with which the fish glues together the parts of the nest is spun out of its body, just as the spider spins out the silk for its web."

"Mrs. Stickleback is a great gadder. After she leaves the eggs in the nest she goes swimming off and never bothers about the little fishes."

"Father Stickleback, who has built the nest, watches over it till the little ones come out of the eggs. Then he guards them until they are old enough to take care of themselves."

"It must be a fine thing to see him swimming about with his little ones flocking about him. If any strange fish tries to bother them Father Stickleback flies at him in a fine rage, and it is apt to go hard with the one who makes the trouble, for sticklebacks are fine fighters. They have a row of sharp spines on their backs, and with these they can rip and tear their enemies severely."

"Although so kind to their own young ones, the sticklebacks are not so good to the young of other fishes. Indeed, it is said that it is their weakness for making a meal of their neighbors' babies that has made them so disliked by the other dwellers in the water."

"There is one family of sticklebacks that live in the ocean, and they make their nests of seaweeds gummed together with a sticky thread which the fish supplies."

"There are other sticklebacks that live in fresh water, and their nests are made of small sticks and twigs which they can gather together on the river bottom and are glued together by means of the sticky liquid which the fish provides."

"The openings in the nest are always turned the same way that the water runs, so that it may sweep through instead of against the sides of the nest."

In the Cornfield.

All summer long the little girl in the picture has been watching the corn grow. Now that it is taller than herself and about ripe she likes to hide away in the golden forest. Soon the harvesters will come and cut the yellow stalks.



Photo by American Press Association.

THE HARVEST SPRITE.

lowing stalks and the field will be bare. Probably she will regret to see her playground thus despoiled, but there will come another year, and again the corn will grow green and then yellow, and finally once more the harvesters will gather the grain.

Busy Little Mothers.

We're kept busy, goodness knows, Washing careless dollies' clothes!

We're kept busy when we're through Mending them as good as new.

And even then they will wear out, No matter how we twist about.

Indeed, we fear quite soon 'tis so Shopping we will have to go.—Philadelphia Record.

FALL'S HABIT.

What Horsewomen Will Wear on the Bridle Path.

Black worsted smartly tailored gives this elegant outfit. Three bone buttons close the coat, which has a notice-



THE DIP INDEED.

able dip in front. The trousers are regulation cut. Velours tricorne, gauntlet gloves, ascot tie and Russian calf boots are all correctly worn.

LIBRARY FURNISHINGS.

A Five Piece Set That You Can Make at Home.

An interesting use of cretonne, brocade or any of the many materials which one encounters in the search for library fixings is shown in a set of five articles, all for the library, and which, when separated, will not give that fixed look of having everything to match.

First of all there is a pillow. It may be square, oblong, round or oval. The material, if cretonne or soft silk, is shirred on cords and caught in the middle under a covered button. A bit of plain material or an appliqued figure from the cretonne or figured linen may be substituted for the middle instead of the button.

Next there is a runner for the library or living room table. This is very plain, with ends braided or showing set on pieces of the plain or figured material, as the case may be.

A cover for the telephone book is another member of the set. It is lined with the contrasting material and well made with either buckram or light pasteboard foundation to give a real support to the paper covered book. A bright cord is substituted for the usual cord on the telephone book and passed through eyelets in the cover.

With the telephone goes a screen of cardboard covered with the selected material and lined with the contrasting one. The screen is threefold, and the middle portion is higher than the side wings.

A portfolio for the desk uses more of the material. It, too, can be made from a lightweight cardboard and is lined with contrasting material. On one flap a corner of the outer covering holds a blotter of the lining color in place. On the other flap is a pocket for note paper, postals, telegraph blanks, stamps, etc.

With the exception of the pillow this set might be used in the hall to introduce a note of bright color, for it is the style now to provide your hall with a table desk and telephone stand.

Uses For Glycerin.

Tea stains on linen should be rubbed with glycerin before the article is laundered to prevent the yellow discoloration.

Glycerin should be added to hot lemonade in place of sugar for a cold. It makes the remedy more efficacious.

When black kid gloves become shabby rub them with equal parts of glycerin and black ink. This is a good dressing for black leather of any sort. Wet shoes rubbed with this are not so hard when dried as if allowed to dry first. Fill shoes with paper to absorb some of the dampness and to help them keep their shape.

Use a few drops of glycerin and a small lump of borax to a quart of water when wiping off paint or oilcloth if you wish to have the polish of new articles.

A New Brim Line.

There is a strong tendency toward the front flare in the new transparent felt hats. While this brim line is not becoming to many faces it can be so arranged that the flare comes at one side or tip tilted. A bit of soft fringed braid or a twist of silk help also to relieve the severity.

CANNING HELPS.

The Department of Agriculture Tells Us How to Preserve.

THE WAYS TO SAVE SUGAR.

Fruits Put Up Without Sirup Do Not Retain Their Color Well, but They Are Excellent For Sauces, Salads and Desserts That Are Sweet Enough.

In these days of high prices, with sugar foremost on the aviation list, many housewives have taken serious thought as to the advisability of putting up less fruit than usual.

This is a pity, because home canned fruit is not only safe and sure, but most delicious. It need not be as rich as preserves. In fact, many epicures regard fruit as refreshing in exact proportion to the smallness of the amount of sugar used to preserve.

Fruit for use in pie or salads or as stewed fruit can be put up or canned without the use of any sugar at all. The canning specialists of the department of agriculture advise the housewives who, in order to economize on sugar, have been thinking of reducing the amount of fruit they put up, to can as much of their surplus as possible by the use of boiling water when sugar sirup is beyond their means.

Any fruit, say the specialists, may be successfully sterilized and retained in the pack by simply adding boiling water instead of the hot sirup.

The use of sugar, of course, is desirable in the canning of all kinds of fruits and makes a better and ready sweetened product. Moreover, most of the fruits when canned in water alone do not retain their natural flavor, texture and color as well as fruit put up in sirup. Fruit canned without sugar to be used for sauces or desserts must be sweetened.

Can the product the same day it is picked.

Cull, stem or seed and clean the fruit by placing it in a strainer and pouring water over it until it is clean.

Pack closely in glass jars or tin cans until they are full, using the handle of a tablespoon, wooden ladle or table knife for packing purposes.

Pour over the fruit boiling water from a kettle; place rubbers and caps in position; partially seal if using glass jars; seal completely if using tin cans.

Place the containers in a sterilizing vat, such as a wash boiler with false bottom, or other receptacle improvised for the purpose.

If using a hot water bath outfit process for thirty minutes, counting time after the water has reached the boiling point. The water must cover the highest jar in the container.

After sterilizing remove packs, seal glass jars, wrap in paper to prevent bleaching and store in a dry, cool place.

If you are canning in tin cans it will improve the product to plunge the cans quickly into cold water immediately after sterilization.

When using a steam pressure canner instead of the hot water bath, sterilize for ten minutes with five pounds of steam pressure. Never allow the pressure to go over ten pounds.

HER PLAY HAT.

What Ten-year-olds Need Just to Romp In.

With a navy blue chinchilla coat well tailored does this navy velvet poke, a tall crown and brim rolled up



DOROTHY'S COMFORT.

in the back. All the trimming is three rows of narrow black grosgrain ribbon and three tomato red, fruity pieces on the left side.

A Fringed Centerpiece.

A rather novel idea for a large centerpiece is to use instead of scallops a narrow lace insertion on the edge, and finish this with a plain fringe instead of the usual lace edging. It is much prettier than one would expect.

The centerpiece should be larger than twenty-eight inches, for if smaller a number of little plaits would have to be made on the inner edge of the insertion to make it fit around the centerpiece. The lace should be a coarse cluny, not necessarily expensive, for many of the imitations that are machine made are quite pretty.

A narrow fringe as plain as possible is best to use. Frequently where the lace joins the materials and also where the lace and fringe meet a line of colored stitching is used.

BEAUTIFUL LINES.

Correct Suit For the Juvenile's Town Wear.

Plum colored broadcloth cut with a full, straight skirt and a long coat of pointed back and front is featured



SATISFIED.

here. Fullness is thrown over the hips, and two novelty buttons close the waist line. The banding is a heavy velvet in imitation fur.

STAPLE FALL COLORS.

What Shade to Pick For Your New Warm Suit.

Broadcloths and velours will come first in fall street fabrics, and then serges and poplins. Plain stuffs will take the place of stripes, and staple colors will be more used than unusual ones, although there will be some dark toned stripes and perhaps somber plaids. It will be what manufacturers call a "plain season," which may be the natural reaction from the stripes and checks, the plaids and ruffles and the bright sports colors of the spring and summer. And the staple colors in this case, it is believed, will be midnight blue, myrtle green, plum, taupe, wine, gray, brown, burgundy, navy blue and black.

The poplins and gaberdines will be used for suits of the early fall before broadcloth is needed for its warmth and general look of winter, although medium weight broadcloth with a high satin shine is right for the warmer weather. There will be some coverts and needle cords too.

Cashmere velours will be used for both suits and coats, as well as for sport skirts. And since sport clothes are as much in demand in fall and winter as in summer, and since this is the best sport material for cold weather, the dark colors of the other materials will not entirely hold good for velours.

How to Recoup.

Curdled Custard.—Suppose your boiled custard curdles. Try putting it in a very cold basin and beating it briskly. Another plan is to add a teaspoonful of corn flour mixed to a paste with water. Cook this for a few minutes, then strain the thickened custard into a glass dish.

To Thicken Batter.—In mixing any pudding made with batter you may add too much liquid if you are in a hurry. If your batter is too thin, thicken it with white bread crumbs.

When cream doesn't whip stand it where it will get very cold, then add to it the white of an egg and beat them together thoroughly.

If mayonnaise curdles put the yolk of an egg into a very cold basin and add the curdled sauce drop by drop, stirring steadily all the time.

Beading In Colors.

Beading to match and contrast with the bright colors of wool and silk jersey suits is the latest fad. Conventional designs, old fashioned sampler patterns and stiff square of circle enclosed flowers are chosen for the bead work which appears on the left side of the coat, at the sash ends and on the pockets of coats and skirts alike.

Fur Trimmings.

More fur trimmings than ever is the outlook for fall. The favorite trimming furs are silver dyed rabbit, mink, Hudson seal and raccoon. Instead of the high funnel collar on coats, the deep sailor collar which can be held close to the neck with a strap will take its place.

Their Lot!

With woman it is a struggle to provide something for the comfort of the inner man, and with man it is an endless effort to provide for the outer woman.